



October/November 2004

## Important Health Benefits News for Benefits Administrators

## Upcoming Events

### NOV

**Nov. 9** ♦ Governor Warner kicks off the Healthy Virginians and *Active Workplace* campaign

**Nov. 11** ♦ Veteran's Day

**Nov. 15** ♦ Tentative date for mailing of Medicare retiree group rate notification

**Nov. 25 – 26** ♦ Thanksgiving

### DEC

**Dec. 7** ♦ Three-hour pre-HR conference sessions provided at Holiday Inn in Hampton

**Dec. 8 - 10** ♦ HR Conference, Holiday Inn in Hampton

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# B.A. Bulletin



## Campaign Focuses on Healthy Virginians

Beginning in November, state employees and other citizens have a new tool to help them develop a healthy lifestyle. The Governor's *Healthy Virginians* initiative combines physical activity and healthy eating goals.

Led by Governor Warner, state employees began the campaign on November 9 with a walk and celebration in downtown Richmond. Through [CommonHealth](#), state employees are encouraged to take part in the Virginia Tech-sponsored component, *Virginia on the Move™*, increasing by 2,000 the number of steps they walk each day and cutting 100 calories per day. Agencies will also be encouraged to achieve the "Governor's Healthy Workplace" designation by meeting specific goals.

Partners in the campaign include DHRM, Virginia Tech, the Virginia Department of Health and the American Heart Association, among others.

Stay tuned to *Spotlight*, the *CommonHealth Compass* and *Commonwealth Currents* for more information.

## Revised Eligibility Rules Now on the Web

Please note some updates to the Eligibility Rules for the State Health Benefits Program. A revised Eligibility Rules sheet is now on the DHRM Web site. Be sure to review the updated sheet at Compensation and Benefits/Health Benefits/For Employees/General Information/[Eligibility Rules](#).

## Diabetes Education Program is A Major Success

Diabetes is the seventh leading cause of death in Virginia and a major focus of the CommonHealth wellness program. The "Small Steps, Big Rewards" campaign, a partnership between CommonHealth and the Virginia Department of Health earlier this year, prompted 4,600 individuals to go online to the CommonHealth Web site to assess their risk for diabetes. In addition, nearly 11,800 people were reached through involvement in more than 400 worksite diabetes intervention programs.

Fifty-one percent of the more than 3,900 individuals who completed the online risk assessment were identified as high risk for type 2 (formerly known as adult onset) diabetes. Increased weight and little or no exercise during a typical day were identified as the two significant type 2 diabetes risk factors for state employees.

## Change in the Extended Coverage Process

Benefits Administrators are now responsible for entering all initial Extended Coverage (COBRA) enrollment information into the Benefits Eligibility System (BES). This process is retroactive to enrollments with an effective date of July 1, 2004 and beyond. Extended Coverage enrollment information will now be sent to the carrier on the daily file along with the other BES transactions. See [BA Memo #04-12](#) for more details.